



# Nutrition Teaching Resources

These resources are suitable for primary school levels (K-6). These online resources meet and support the Australian Dietary Guidelines, Nutrition in Schools Policy and the Health Promoting Schools Framework.

## Good for Kids Teaching Resources and SWAP IT Lunchbox Program

Provides lesson plans, resources and links to healthy eating and SWAP IT resources.

<https://www.goodforkids.nsw.gov.au/primary-schools/swap-it/healthy-eating-lesson-plans/>



## Vegetable Week & The Big Veggie Crunch/ Fruit and Veg Month - Healthy Kids Association

Two health promotion events that are aligned with Crunch&Sip® [Term 1] and Fruit & Veg Month [Term 3] to increase children's vegetable intake across NSW.

<https://healthy-kids.com.au/teachers>



## Heart Foundation

Provides education resources [e.g. worksheets, printable, lesson plans and activities] to help make teaching children about good nutrition and healthier food choices easier.

<https://www.heartfoundation.org.nz/educators/edu-resources/schools>



## Veg Kit

These tools and resources support primary schools and OSHC service staff including leadership team, teachers, canteen and support staff as they seek to increase children's vegetable intake.

<https://www.vegkit.com.au/oshc-schools/oshc-schools-tools-resources/>



## Nestle for Healthier Kids School Program

Visit The Good Village and head to the Community Garden or The Canteen for lessons related to healthy eating and sustainability.

<https://www.n4hk.com.au>



## Healthy Lunch Box- Cancer Council

A website featuring an interactive lunch box builder that enables parents and students plan a healthy lunch box. <https://healthylunchbox.com.au/>





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## Foodbank's Superhero Foods HQ

Fun, free and engaging nutrition resources, including a range of hands-on interactive nutrition lesson plans and complimentary resources such as healthy recipe booklets. <https://www.superherofoodshq.org.au/home/>



## Eat A Rainbow

A simple and effective concept promoting fruit and vegetables to young children and their families <https://bit.ly/33PsYJX>



## Fresh for Kids

Curriculum-aligned resources focusing on the benefits of consuming fresh fruit and vegetables. There is a Farm to Plate program in the 'For Teachers' tab. Kids games and activity sheets are in the 'For Kids' tab.



<http://www.freshforkids.com.au/>

## Kitchen Garden Foundation [Stephanie Alexander]

The Foundation publishes educational resources, both online and in print, to give educators the tools they need to run a best-practice, sustainable kitchen garden program.

<https://www.kitchengardenfoundation.org.au>



## Refresh.ED

Teaching and learning materials for K - 10 to help teachers introduce food and nutrition in their classrooms. The learning tasks link to a range of curriculum learning areas and can be applied in cross-curriculum inquiry-based projects.

<https://www.refreshedschools.health.wa.gov.au/k-10-curriculum-materials/>



## Phenomenom!

A free digital toolkit which includes an online library of videos and audio that act as springboards for curriculum-aligned PDF lesson plans. This toolkit is designed to slip more serves of vegetables into every classroom. <https://phenomenom.com.au>

